



FILLERS- FREQUENTLY ASKED QUESTIONS (AND ANSWERS)

WHAT IS A HYALURONIC ACID (HA) FILLER?

A Filler is an injectable treatment used for filling in lines, wrinkles and hollows, as well as for making the lips look fuller.

HOW DOES HYALURONIC ACID (HA) FILLER WORK?

A Filler is used in a similar way to collagen. Injected into the targeted area, it is used to fill depressed areas such as the corners of the mouth, provide fullness to areas such as prominent smile line folds and provide lip enhancement or redefinition of the lip border, thus reducing or eliminating the small grooves responsible for “bleeding” lipstick.

WHAT ARE THE COSMETIC BENEFITS OF HYALURONIC ACID (HA) FILLER?

Hyaluronic Acid Filler is similar to collagen, but has one distinct advantage. Collagen is a protein, which means you can potentially be allergic to it (23%). Hyaluronic acid is a polysaccharide (carbohydrate) found naturally throughout the human body, so the possibility of allergy to the chemically similar filler is very low and no skin test is required. This means you can potentially have treatment without first having a testing procedure. A Filler is used primarily to smooth out wrinkles. Filler appears to be most useful for softening of deep facial folds or contours and for augmenting the lips. It can be used to smooth sleeping lines, scar depressions, the naso-labial fold and vertical lip lines.

HOW DOES THE PROCEDURE FEEL?

The filler is injected with a very fine needle. The depth of the injection is so shallow that pain is minimal. No sedation or local anesthetic is generally necessary. If you like, a topical anaesthetic can be applied to the area being treated prior to procedure. When enhancing the lips a dental block can be given. Cooling(ice-packs) before the procedure also minimises discomfort. Certain products contain a local anaesthetic, thus minimizing discomfort.

HOW LONG DOES THE PROCEDURE TAKE?

The whole procedure usually takes 30 to 60 minutes, depending on the correction you wish to have performed. Time should also be allocated to assess expectations, medical history and requirements. We normally schedule a first “sit-down” consultation to discuss the above.

DOES HYALURONIC ACID (HA) FILLER WORK IMMEDIATELY AND HOW LONG DO THE EFFECTS LAST?

The procedure can be completed in one session and, apart from occasional bruising or swelling, is effective immediately. The injected gel is gradually broken down and absorbed by the body, just like the body’s own natural hyaluronic acid. The effects can last up to 9 to 18 months, depending on the individual, the area, amount of muscle movement and type of filler used.

WILL I NEED PAIN RELIEF FOLLOWING THE TREATMENT?

You can expect slight tenderness after the treatment. Pain medication can be taken if necessary.

WILL I HAVE SWELLING AND BRUISING AND CAN THESE BE TREATED?

You might experience swelling or bruising and it can be treated by applying cold packs and arnica cream to the areas.

NB: LED therapy may be used directly after treatment to minimize swelling and bruising.

WHAT TYPE OF AFTERCARE REGIME WILL I NEED AFTER THE TREATMENT?

In order to avoid the risk of inflammation, it is advisable that for a few days afterwards you not to be exposed to under 0 degree Celsius and strong sun. Also, do not sauna for 2 weeks.

IS ALL EQUIPMENT STERILE AND USED ONLY FOR ME?

Only sterile and new needles and syringes are used and all material used will be thrown away after the treatment. (Or given to patient to bring to “top up” appointment)

AT WHAT STAGE WILL I BE ABLE TO JUDGE THE RESULT OF TREATMENT?

Approximately 24 to 48 hours afterwards. If bruising occurred, especially on the lip area you can only judge after the bruising has resolved. (1 – 2 weeks)

WILL I BE REVIEWED AFTER THE TREATMENT AND IS THIS INCLUDED IN THE PRICE?

You will be reviewed at no extra cost. This appointment is optimally 4-6 weeks after the primary treatment

WHO SHOULD USE HYALURONIC ACID (HA) FILLER?

Filler can be used by anyone where the dynamic and static lines of the face have had an ageing effect.

WHAT WILL HAPPEN IF I AM UNHAPPY WITH ANY ASPECT OF THE TREATMENT?

Please come back to your practitioner and discuss the matter.